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# Cookbooks: Vegetarian and Vegan

These cookbooks offer recipes and tips for people who want to cook without most meats, without meat at all, and without any animal products such as dairy, eggs, and honey. To order any of these titles, contact the library by email, phone, mail, in person, or order through our online catalog. Most titles can be downloaded from BARD.

**Vegetariana a Rich Harvest of Wit, Lore, and Recipes by Nava Atlas**
Read by J. Michael McCullough
8 hours, 8 minutes
Compendium of savory recipes, anecdotes, aphorisms, and food folklore. This vegetarian reader also includes poems, botanical trivia, quotations, and culinary curiosa.

Download from BARD: Vegetariana a Rich Harvest of Wit, Lore, and…
Also available on digital cartridge DB021076

**The Whole Foods Diabetic Cookbook by Patricia Bertron**
Read by Barbara Pinolini
4 hours, 30 minutes
A collection of vegetarian recipes using whole grains, legumes, fruits, and vegetables. Gives an overview of diabetes and explains how diet and exercise are important in controlling the disease. Includes a nutritional guide and tips on grocery shopping and menu planning. 2002.

Download from BARD: The Whole Foods Diabetic Cookbook
Also available on digital cartridge DB055973

**How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food by Mark Bittman**
Read by Celeste Lawson
55 hours, 43 minutes
Tenth anniversary collection of plant-based recipes. Categories include getting started; salads; soups; vegetables, fruits, nuts, and seeds; pasta, noodles, and dumplings; grains; legumes; tofu, burgers, and other high-protein foods; eggs, dairy, and cheese; breads, muffins, pizza, and wraps; sauces, condiments, herbs, and spices; desserts; and beverages. 2017.

Download from BARD: How to Cook Everything Vegetarian: Simple…
Also available on digital cartridge DB092289
Download from BARD as Electronic Braille BR22388
Also available in braille BR022388

**The China Study Cookbook Over 120 Whole Food, Plant-Based Recipes by Leanne Campbell**
Read by Erin Jones
4 hours, 48 minutes
The author--sister and daughter of the authors of The China Study (DB 80066)--created this companion cookbook of recipes that use no animal products, no added fat, little or no added salt, and only a judicious amount of sweetening agents. Includes entrees, breads and muffins, breakfast dishes, soups, appetizers, and more. 2013

Download from BARD: The China Study Cookbook Over 120 Whole…
Also available on digital cartridge DB080190

**The Real Food Daily Cookbook: Really Fresh, Really Good, Really Vegetarian by Ann Gentry**
2 volumes of braille
California restaurant owner offers dozens of plant-based, low-fat dishes utilizing organic whole grains, vegetables, legumes, soy products, and other locally grown ingredients. Includes recipes for appetizers, sauces, salsas, soups, breads, sandwiches, sides, and desserts, as well as seasonal entrees blending international and American cuisines. 2005.

Download from BARD as Electronic Braille BR16820
Also available in braille BR016820

**Feeding the Healthy Vegetarian Family by Ken Haedrich**
Read by Gary Tipton
12 hours 57 minutes.
Foodwriter and father of four offers recipes and advice for vegetarian families. Offers a wide variety of dishes that are quick to prepare and contain easy-to-find ingredients. The selections allow families to explore different styles of vegetarianism--including vegan and lacto-ovo diets. 1998.

Download from BARD: Feeding the Healthy Vegetarian Family
Also available on digital cartridge DB066856

**The Imus Ranch Cooking for Kids and Cowboys by Deirdre Imus**
Read by Barbara Pinolini
5 hours, 56 minutes
Author shares organic, vegetarian, and vegan recipes from her family's environmentally friendly, 4,000-acre New Mexico cattle ranch that hosts children experiencing illness or loss. Offers ideas for soups, sandwiches, sauces and dips, salads, main dishes, desserts, and more. Provides information on egg, dairy, and meat substitutes and healthy living. 2004.

Download from BARD: The Imus Ranch Cooking for Kids and Cowboys
Also available on digital cartridge DB061309

**The Teen's Vegetarian Cookbook by Judy Krizmanic**
Read by Kristin Allison
6 hours, 6 minutes
In this companion to A Teen's Guide to Going Vegetarian (RC 41479) the author offers recipes and tips to becoming self-sufficient in the kitchen. Includes useful substitutions, menus, and suggestions for the college-bound. For junior and senior high and older readers. 1999.

Download from BARD: The Teen's Vegetarian Cookbook
Also available on digital cartridge DB051388

**Quick Vegetarian Pleasures by Jeanne Lemlin**
Read by Kerry Dukin
7 hours, 5 minutes
Grains, tofu, tempeh, and fresh vegetables are some of the ingredients in Lemlin's recipes for the short-on-time vegetarian cook. Dishes include eggplant caviar; tempeh heros; curried barley and mushroom soup; broccoli calzones; baby ravioli with cream, mushrooms, and peas; and tofu shish kebab with lemon-soy marinade. Along with helpful kitchen tips, Lemlin provides menus such as a vegetarian barbecue and a Thanksgiving feast.

Download from BARD: Quick Vegetarian Pleasures
Also available on digital cartridge DB035304

**Eat Your Greens, Reds, Yellows, and Purples by Carrie Love**
Read by Michael Scherer
1 hour, 16 minutes
Guide for kids to make tasty, healthy vegetarian dishes, including a red pepper hummus, fruity raisin granola, sunshine rice, and more. Separates the recipes by the color of the fruits and vegetables, and discusses how to prepare the ingredients. For grades 3-6. 2016.

Download from BARD: Eat Your Greens, Reds, Yellows, and Purples
Also available on digital cartridge DB084648

**Vegetarian Cooking for Everyone by Deborah Madison**
Read by Carole Jordan Stewart
46 hours, 38 minutes
These fourteen hundred recipes from simple to complex and incorporating many different cultures and flavors include soups, salads, sandwiches, main courses, and desserts. Madison incorporates the use of vegetables, grains, and dairy and soy products in her dishes. Includes information on the purchase and storage of vegetables.

Download from BARD: Vegetarian Cooking for Everyone
Available on digital cartridge DB046071

**Vegetarian Suppers from Deborah Madison's Kitchen by Deborah Madison**
2 volumes of braille
Chef and award-winning cookbook author's vegetarian dishes for evening meals cover savory pies, gratins, stews, braises, pasta, sandwiches, crepes, and fritters. Includes recipes for eggs, tofu, and tempeh and for basics such as sauces, stocks, polenta, rice, and beans. Suggests vegan and seasonal options, wines, and pantry items. 2005.

Download from BARD as Electronic Braille BR18834
Also available in braille BR018834

**Moosewood Restaurant Simple Suppers: Fresh Ideas for the Weeknight Table by Moosewood Collective**
Read by Gary Tipton
7 hours 56 minutes.
Dozens of recipes for meals that can be prepared quickly and require only a few nonperishable pantry items and high-quality fresh ingredients. Dishes include pasta, beans, tofu, salads, sandwiches, sauces, grains, and fish. Provides tips on substitutions and variations, cooking techniques, and advance meal preparation and suggestions for leftovers. 2005.

Download from BARD: Moosewood Restaurant Simple Suppers: Fresh…
Also available on digital cartridge DB066340

**New Recipes from Moosewood Restaurant by Moosewood Collective**
Read by Gary Tipton
9 hours 25 minutes.
Seventeen members of the Moosewood Collective, a worker-owned-and-operated restaurant in Ithaca, New York, offer vegetarian recipes inspired by ethnic and international cuisine that use fresh, seasonal ingredients. Includes suggestions for chilled and hot soups, salads and dressings, sandwiches, sauces, fish, pasta, sides, breads, and desserts. 1987.

Download from BARD: New Recipes from Moosewood Restaurant
Also available on digital cartridge DB066626
Download from BARD as Electronic Braille BR18254
Also available in braille BR018254

**Main Street Vegan Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World by Victoria Moran**
Read by Jill Ferris
13 hours, 49 minutes
Guide to adopting a plant-based lifestyle covers meeting nutritional needs, adapting your kitchen environment, dining out, and discussing dietary changes with your physician. Advocates vegan choices in clothing, household cleaners, and cosmetics. Includes recipes. 2012.

Download from BARD: Main Street Vegan
Also available on digital cartridge DB075001

**The Vegetarian Handbook by Gary Null**
Read by Mary O'Neal
9 hours, 48 minutes
A summary of the reasons for adopting the vegetarian life-style. Treats briefly the history of vegetarianism, and lists famous vegetarians, such as Darwin and Tolstoy, along with contemporary celebrities. Includes recipes.

Download from BARD: The Vegetarian Handbook
Also available on digital cartridge DB028487

**The Clueless Vegetarian a Cookbook for the Aspiring Vegetarian by Evelyn Raab**
2 volumes of braille
Describes different types of vegetarian diets and the nutritional information necessary for optimum health. Provides easy recipes that would appeal to teenagers interested in a meatless lifestyle. For junior and senior high readers. 2000.

Download from BARD as Electronic Braille BR14735
Also available in braille BR014735

**The New Laurel's Kitchen a Handbook for Vegetarian Cookery & Nutrition by Laurel Robertson**
Read by Mary O'Neal
34 hours, 20 minutes
This volume recognizes that food is the basis of nurturing and that nurturing is the process by which all things develop. It also addresses the science of food and nutrition and its role in preventing illness and maintaining and loving work that includes such recipes as Mushrooms petaluma, poppyseed noodles, lazy pirogi, and Sebastopol pizza.

Download from BARD: The New Laurel's Kitchen a Handbook for…
Available on digital cartridge DB026179

**The Conscious Cook Delicious Meatless Recipes that Will Change the Way You Eat by Tal Ronnen**
Read by Butch Hoover
6 hours, 2 minutes
Noted vegan chef shares his own and guest chefs' recipes and dinner-party menus for vegan cuisine. Includes starters, salads, soups, sandwiches, entrées, and desserts. Ronnen discusses his favorite "super" foods, myths about veganism, tools and tricks for the kitchen and pantry, and using cashew cream to replace dairy. Bestseller. 2009.

Download from BARD: The Conscious Cook Delicious Meatless…
Also available on digital cartridge DB070667

**Eat Greens: Seasonal Recipes to Enjoy in Abundance by Barbara Scott-Goodman**
Read by Kerry Dukin
5 hours, 38 minutes
Provides tips on growing or buying a wide variety of green vegetables, including artichokes, green beans, celery, dandelion leaves, escarole, chard, fennel, and broccoli rabe. Offers numerous recipes for dishes such as herbed leek and watercress soup and sautéed snap peas with honey and mint. 2011.

Download from BARD: Eat Greens: Seasonable Recipes to Enjoy…
Also available on digital cartridge DB073882

**Vegetarian Indian Cooking with Your Instant Pot: 75 traditional Recipes that are Easier, Quicker and Healthier by Manali Singh**
Read by Jill Fox
4 hours, 51 minutes
Collection of vegetarian and vegan Indian cuisine recipes designed specifically for use in an Instant Pot or similar multi-cooker. Recipes are divided into favorite takeouts, lentils and beans, hearty meals, thirty minutes or less, Indian street food, snacks and sides, delectable desserts, and Indian cooking basics. 2018.
Download from BARD: Vegetarian Indian Cooking with Your Instant Pot…
Also available on digital cartridge DB096726

**Comfort Food Gets a Vegan Makeover by Jill Skeem**
Read by Debby Queen
2 hours, 15 minutes
This recipe book gives a simple vegan twist to the comfort foods you love. For high school and adult readers.
Download from BARD: Comfort Food Gets a Vegan Makeover
Also available on digital cartridge DBC00864

**Fields of Greens New Vegetarian Recipes from the Celebrated Greens Restaurant by Annie Somerville**
Read by Patricia McDermott
16 hours, 48 minutes
The chef of the Greens Restaurant in San Francisco provides recipes for "lighter, leaner, simpler" vegetarian dishes. Examples are ravioli filled with eggplant, roasted garlic, and romano cheese; leek and olive tarts; and warm black beans with chilies and cilantro. Notes throughout help in selecting ingredients and encourage using organically grown vegetables.
Download from BARD: Fields of Greens New Vegetarian Recipes from …
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